Mission:

Through our education, advocacy, support, leadership and customer-centered services, we will improve the quality of life of persons experiencing mental illness and that of their families, caregivers and friends.

In this issue:

- A Letter from the Executive Director
- Memorials & Tributes
- Program Updates
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- Tuning Out Stigma
- Advocacy Update
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- Ways to Support

Funded by:
Dear NAMI St. Louis members, supporters, volunteers, donors and friends,

There are so many exciting things happening at NAMI St. Louis that I can barely contain my exuberance!

First, thank you to everyone who participated in NAMIWALKS Your Way St. Louis. This was our 19th walk and I am pleased to announce that we have raised $222,461 and counting. This is the most money NAMI St. Louis has ever raised at one event in our 42 year history!!!!!!!!!!!! We are thrilled! 100% of the money raised stays in the St. Louis region, so that we can provide mental health education, support, and advocacy at no cost to the community.

Although the walk was virtual again this year, we shared great content which is available on our Facebook page. Our board members created a “Why I Walk” video which is great. I also encourage you to listen to our new board member, Rebecca Rutherford, share her story of why she walks because it is so moving. Here is the link: https://www.youtube.com/watch?v=TBAgYWDvUNA.

Second, we are going to use this extra funding from the walk to grow our team. We are adding a new Marketing and Events Coordinator. The job is posted on our social media accounts. Please share with people who might be a good fit to join our team.

Third, in partnership with the St. Louis Area CIT Council, we started a new “Call for the Pin” billboard campaign to educate family members who have a loved one in a mental health crisis about the existence of CIT officers. There will be four billboards in all, running late May and early June. Please check out our updated CIT page by going to www.namistl.org/cit.

Fourth, three new support groups start this month. I told you about “The Connect Hour” last month which is specifically for Black men in their twenties. Go to https://www.youtube.com/watch?v=UFAZdaIktf8 to see the new promotional video and meet the men who are facilitating the group. We are also providing Family-to-Family during the summer for the first time in many years. Please go to www.namistl.org for the latest programing information on the summer classes and support groups.

We have started a new feature on our website called “Donor Spotlight.” We are featuring John Marcus who helped us start our endowment. This endowment will ensure that NAMI St. Louis will continue to thrive and to fulfill its important mission in the St. Louis region for generations to come. If you would like to contribute to our endowment, please contact me at 314-962-4670.

In closing, I did want to mention that we will be holding our gala this year on November 13 at the Chase Park Plaza. Please save the date so you can join us for this fun-filled event and have an opportunity to see long-time friends, while safely socially distancing.

Please don’t hesitate to contact us if you or a loved one is in need of support or assistance.

Best,
A memorial or tribute donation is a generous and thoughtful way to honor loved ones. Memorials and tributes may be made by mail or online. Indicate whether your donation is in memory of someone who has passed away, or in honor of someone living. All memorials and tributes are listed in the NAMI St. Louis newsletter.

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<th>Memorials &amp; Tributes</th>
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**In Memory of...**

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<th>Wayne Ahrens</th>
<th>Emily Rice Becklenberg</th>
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<td>Laborers Local No. 110</td>
<td>Susan and Stuart Keck</td>
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<th>Elsie Bernthal</th>
<th>Carol Ripple</th>
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<td>Bernice Bernthal</td>
<td>Lynda Caselton</td>
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<td>Patricia Bernthal</td>
<td>Lavada Finke</td>
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<td>Allen and Pamela Loesel</td>
<td>Goode Household</td>
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<th>James W. Bernthal</th>
<th>Monica E. Rohland</th>
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<td>Patricia Bernthal</td>
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<td>Loesel Household</td>
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<td>Marcia Marquardt</td>
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<td>Janice Schroeder</td>
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<td>Thomas Wuertz</td>
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**In Honor of...**

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<th>Ending the Silence</th>
<th>Ms. Jennifer Jones on behalf of John Burroughs High School</th>
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<td>Kelsey</td>
<td>D. June Kreyling</td>
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<th>Ms. Karen Dudley</th>
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<td>Vicki and Timothy Moylan</td>
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| Deborah "Debi" Lesko | |
|---------------------||
| Ms. Karen Dudley | |
William Holekamp
Ronald Coleman
Thomas and Jennifer Buchholz
Fernandez Household
Jo Ann Fandaca
Nancy and Jack Litzinger
Amy and Paul Lottes
Susan McKee
Melanie (DeDe) Nigh
Joseph "Joe" E. Dryer
Cheryl Dryer
Vicki Eddens
Aaron Eilers
Vincent Ratchford
Leslie Teague
Charles E. Jarrell Contracting Company, Inc.
Wanda and Jim Davis
Debra Schaper
Joyce Scott
Jennifer Bauer and Andy Zawadzki
Robert "Rob" J. Gambon
Dave and Elaine Presutti
Christine Hull
Robert Wacker
Thomas G. Junker
Murray Darrish
Kathryn Ellerbrake
James Mielke
James Mielke
Cindy Wasowski
Lynn Lee
Carol Carter
Patricia McNamara
Debra Schuster
Ron Missey
Beth Reinwald
William Patterson
William Anderson
John W. Ratcliff
Lori McGhee

NAMI St. Louis Membership & Donations
Become a part of NAMI St. Louis! Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community and add your voice to the mental health movement.

We have **three membership rates**, depending on what makes the most sense for you:

- **$60 per year for a Household Membership** that includes all members of a household living at the same address
- **$40 per year for a Regular Membership** which is an individual membership for one person.
- **$5 per year for an Open Door Membership** for an individual member with limited financial resources.

**To become a member** click below: [https://www.nami.org/About-NAMI/Join-NAMI](https://www.nami.org/About-NAMI/Join-NAMI)

**To donate to NAMI St. Louis** click below: [https://www.namistl.org/get-involved/donate/](https://www.namistl.org/get-involved/donate/)

Program Updates

NAMI St. Louis is offering programs online via Zoom this Spring. We continue to offer our educational classes, support groups and presentations to the community. One
Spring/Summer is the start of some specialized Connection Recovery Support Groups! For more information about all of our program offerings, see the list below.

**Bi-weekly Family Support Groups:**
Family support groups are for individuals (18+) who have a loved one (18+) with a mental health condition. Click here for more information!

**Monthly Basics Support Groups:**
Basics Support Groups are for parents/caregivers with a child 19 and younger with a mental health condition or who is exhibiting symptoms of a mental health condition. Click here for more information!

**Weekly NAMI Connections Recovery Support Groups:**
Support groups for individuals (18+) with lived experience with a mental health condition. Click here for more information!

**NAMI Basics:**
A 6-week educational course for parents and caregivers with a child under 19 who is still in school and living with a mental health condition. Click here for more information!

**NAMI Basics On-Demand:**
Educational program for parents/caregivers of youth and adolescents with mental health concerns. Condensed version of the 6-week Basics course traditionally offered. Click here for more information!

**NAMI Ending the Silence:**
Presentation for middle and high school age youth, their parents, and school/community staff. Mental health, ending stigma, suicide prevention and help-seeking behaviors are discussed. Click here for more information!

**NAMI Family-to-Family:**
An 8-week educational course for family members with a loved one (18+) living with a mental health condition. Click here for more information!

**NAMI St. Louis Speaker Series:**
The NAMI St. Louis Speaker Series features In Our Own Voice and Ending the Silence presenters sharing their journeys with their mental health diagnoses. Click here for more information!

**Family & Friends Seminar:**
The Family & Friends Seminar is for family, friends and community members who would like to learn more about mental health. Click here for more information!

**Get to Know NAMI St. Louis Presentation:**
An hour long presentation for anyone in the community who would like to learn more about NAMI St. Louis services. Click [here](#) for more information!

**2nd Thursday Wellness Series:**
An hour long presentation for anyone in the community interested in learning more about the mental health topic of the month. Click [here](#) for more information!

If you are interested in participating in any online programming, visit our website at [www.namistl.org](http://www.namistl.org).

NAMI St. Louis’ HelpLine hours are Monday - Friday 8:30am to 5:00pm. Individuals can call the HelpLine to get information about local resources or information about programming. If you need help navigating mental health resources in your area, contact NAMI St. Louis at [info@namistl.org](mailto:info@namistl.org) or 314-962-4760.

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**NAMIWalks Your Way St. Louis**

Thank you for your hard work in making the 2021 NAMIWalks Your Way St. Louis a **HUGE SUCCESS**. We have raised $222,461 or 111% of our original goal AND . . . counting. Because of YOU, we have made history by raising the most money for NAMIWalks St. Louis.

Don’t stop fundraising, now as we have increased our goal to $225,000, and we have until **July 20th** to do it. Remember, 100% of the money raised funds mental health education and support services in the St. Louis Region to support Mental Health For All.

We really couldn’t have done it without your tremendous leadership and support this year; let’s keep the pace!!! To make a donation visit, [www.namiwalks.org/stlouis](http://www.namiwalks.org/stlouis)

Many thanks,

**Heather Richardson**
Director of Development

P.S. Share your pictures with us. Send to [hrichardson@namistl.org](mailto:hrichardson@namistl.org)

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**Tuning Out Stigma**
Theresa San Luis Teller, NAMI St. Louis public speaker, is co-authoring a book with Art Holliday titled, "My Brain Makes Me Proud: How I Beat Schizoaffective Disorder." Here is part of her story: Tuning Out Stigma | NAMI: National Alliance on Mental Illness

Advocacy Update

The 2021 Regular Session of the Missouri Legislature adjourned at 6 pm on Friday, May 14. NAMI St. Louis, through its Advocacy Committee, supported a number of legislative initiatives this year, to improve mental health services for Missourians. We had some successes, some disappointments. The following is a review of some of those issues and how they fared this past session.

Missouri Medicaid Expansion, A Major Disappointment
This is an initiative we have supported since it was enabled by the Affordable Care Act (Obamacare), signed into law in 2010. It allows expansion of Medicaid eligibility to up to 133% of the poverty level, with at least 90% of the cost paid by federal revenue. In Missouri, Medicaid expansion would provide health care coverage to an additional 275,000 individuals, including many of our loved ones with mental illness.
But Medicaid is a state-operated program – “MO HealthNet”. As such, the Missouri legislature must fund Missouri’s 10% share of the cost before we can receive the 90% federal support. Unfortunately, our legislature has declined to do so – no funding, no expansion. In response, last August health care advocates proposed, and Missouri voters approved a ballot measure to amend our state constitution requiring Medicaid expansion. Despite that, our Missouri legislators this past legislative session again refused to include funding for Medicaid expansion in its FY 2022 budget.
But the effort is not over. A lawsuit has been filed in Jefferson City to force Gov. Mike Parson to expand Medicaid on July 1, as voters approved last year. The lawsuit also notes that the US Congress’ recent $1.9 trillion relief bill offers additional federal support to states that expand Medicaid, which would provide Missouri with more than $1 billion in extra money that would cover the state’s share of expansion for five years.
NAMI St. Louis will continue to follow this important initiative and call for the voice of our advocates to be heard, when appropriate.

Some Moderate Successes: Open Access to All Psychotropic Medications, and Mental Health Insurance Parity
These two legislative items are, again, ones that NAMI St. Louis has been supporting for many years, and this year success seems imminent. House Bill 432 was passed by the Missouri legislature and sent to Governor’s Parson’s desk for signature. This legislation includes language from the Mental Health Parity Bill and the Antipsychotic Medication Access Bill, both of which NAMI St. Louis has supported. We encourage NAMI families and advocates to
contact the governor’s office expressing support for HB 432. The Governor has 45 days from the end of session to sign or veto. That puts the deadline at June 28.

9-8-8 Universal National Suicide Hotline
This initiative was only recently added to our Advocacy and Public Policy Focus. The National Suicide Hotline Designation Act was signed into law by then-President Trump last October 2020. It will make 9-8-8 the universal National Suicide Hotline telephone number starting in 2022. Callers to 9-8-8 will be routed to local crisis centers staffed by trained, accredited counselors who will provide free and confidential support, prevention, and local crisis resources. No federal funds are made available through this law. It will allow states to collect fees to ensure local call centers can support increased call volume. BHR will manage that program in the St. Louis area. 9-8-8 calls will not impact the CIT program managed by NAMI St. Louis.

Elimination of Death Penalty for people with Serious Mental Illness
HB 278, filed by Rep. Thomas Hannegan (R., Dist. 65, North St. Louis County) specified that a person cannot be sentenced to death if he or she is found to have suffered from a serious mental illness at the time of the commission of the offense. This bill received no consideration on the floor of the House of Representatives this last session.

Behavioral Health Urgent Care Center
While not a legislative item, this recent new facility is clearly beneficial to NAMI St. Louis’ stated concern for “improving access to mental health care” through improved mental health emergency services. Lawrence Kuhn, M.D., psychiatrist, SSM Behavioral Health, is directing the SSM Behavioral Health Urgent Care Center located at DePaul Hospital in Bridgeton. It is an urgent care walk-in clinic that treats both adults and children experiencing mental health crises. Collaborating with multiple community partners including NAMI St. Louis, the center provides prompt access to non-emergent behavioral health care, avoiding an often long and costly wait for care at traditional hospital emergency rooms. No one is turned away, regardless of insurance coverage. Dr. Kuhn reports about 12% of their walk-in clients will be admitted to inpatient acute-care services. He advises that NAMI St. Louis continue to promote the center as a means for early diagnosis and treatment of psychiatric illness and to support development of additional such facilities as they may be planned.

Promoting Missouri Child Psychiatry Access Project
Another means for “improving access to mental health care” is The Missouri Child Psychiatry Access Project (MO-CPAP). It expands access to mental health care for children and adolescents by providing free, same-day, expert child psychiatry phone consultation to primary care providers (e.g., your family pediatrician). The program uses consultations, educational opportunities and linkage to help connect patients with referral services, and to ensure primary care providers get support treating behavioral health disorders in children and adolescents. Last fall the program expanded to allow statewide enrollment of primary care providers.

While this program is now operating state-wide and doing well, our Advocacy Committee is considering the long-term sustainability of this valuable service, once existing grant funds that enable this program expire. MO-CPAP has secured funding to continue services through 2023. Its Sustainability Committee is now developing plans to secure permanent funding – $2 to $3 million per year – through the Missouri HealthNet Division of the Department of Social Services, beginning 2024, and/or through insurance reimbursements. Our Advocacy Committee is monitoring these developments and will assist as opportunities arise.

Access to Low Income Affordable Housing
Adequate, affordable housing has long been a high-priority need for people living with a mental illness and has long been an advocacy concern of NAMI St. Louis. Missouri’s low-
income housing tax credit (LIHTC) program is one way in which such housing is made available for them. Through this program, the Missouri Housing Development Commission (MHDC) would award tax credits to a developer of affordable housing, using state and federal funds. In 2017 then-Governor Eric Greitens zeroed-out the state portion of this program, meaning Missouri would not match federal dollars contributed toward these tax credits, so funding for development of affordable housing was significantly reduced. Last fall, MHDC voted to revive that funding, in accordance with NAMI St. Louis’ previous advocacy priorities. Our Advocacy Committee will continue to monitor use of tax credits to assure low-income housing is equitably developed for “special needs” individuals, including those recovering from a severe mental illness.

One Final Item: FastDemocracy
NAMI St. Louis has recently subscribed to the professional version of FastDemocracy. It is an online software platform to easily track the status of bills being considered in the US and Missouri State legislatures. It will greatly facilitate the ability of all NAMI St. Louis advocates to communicate with their legislators at critical times in the course of the legislative process. Our NAMI St. Louis Legislative Update and Actions Alert communications have already benefitted from this new program.
If you are interested in getting involved with the NAMI St. Louis Advocacy Committee, please contact Angela Berra, Director of Programs, at 314-833-7931 or aberra@namistl.org or fill out the volunteer application here.
An inadequate mental health system affects individuals, families and communities.

High school students with depression are more than 2x more likely to drop out than their peers.

56% of Missourians age 12–17 who have depression did not receive any care in the last year.

1 in 4 people with a serious mental illness has been arrested by the police at some point in their lifetime – leading to over 2 million jail bookings of people with serious mental illness each year.

6,767 people in Missouri are homeless and 1 in 5 live with a serious mental illness.

About 2 in 5 adults in jail or prison have a history of mental illness.

On average, 1 person in the U.S. dies by suicide every 11 minutes.

In Missouri, 1,230 lives were lost to suicide and 219,000 adults had thoughts of suicide in the last year.

7 in 10 youth in the juvenile justice system have a mental health condition.

NAMI St. Louis is part of NAMI, National Alliance on Mental Illness, the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: nami.org/mhpolicystats.
SCHIZOPHRENIA
DEPRESSION
BIPOLAR DISORDER

We are seeking individuals ages 18 to 49 with a current diagnosis of Depression, Bipolar Disorder or Schizophrenia / Schizoaffective Disorder and an Android phone to participate in a research study examining decision making, learning and memory.

PARTICIPATION INCLUDES:

- 3-4 visits (including a brain scan) and a two-week period during which you will be asked to answer short questions during the day on your Android device.
- You will be paid up to $457.36 for participation
- Flexible Scheduling
- Free Transportation within Metropolitan St. Louis Area

CALL 314-935-8171

This study is being conducted by Dr. Deanna Barch in the Psychological & Brain Sciences Department at Washington University.

Staff Spotlight

Featuring: Arielle Cole, Outreach Specialist
How did you first get involved with NAMI St. Louis?

I heard about NAMI as a national organization over the years, but personally got involved with NAMI St. Louis by volunteering through the Ending the Silence program in 2019, which I found out about from a psychology professor at the University of Missouri St. Louis.

What is the most rewarding part of your job?

Hearing from individuals who call the HelpLine about how specific resources were really helpful for them is very rewarding to me because my desire is to connect people with resources that help improve their mental health and current situations.

What does your typical day look like?

Assisting with answering calls on the HelpLine, providing callers with resources necessary for mental health wellness and quality living such as, therapist referrals, legal services referrals, support group inquiries, housing, etc. Connecting with community based organizations to find out if our mental health presentations will be beneficial for the individuals and communities they serve. Meeting with individuals who are interested in volunteering with our organization to see if we’re a good fit for one another. Entering data into spreadsheets to keep track of community outreach. Assisting with volunteers for programs such as, “Ending the Silence”, Speaker Series, 2nd Thursday, and “In Our Own Voice”. Last, but not least, whatever else my boss asks me to do lol.

What do you do for fun when you are not working?

Spend time with family. Listen to music. Visit new restaurants to test their brunch. Watch sports. Travel. Work on becoming an entrepreneur (I know fun, right lol). Get massages.

What is something that most people wouldn’t know about you?

I have a lot of fears, but I do things that scare me the most; so from the outside looking in, many might think I’m doing things that I enjoy :)

Volunteer Spotlight

Please help us congratulate our Volunteers of the Month for March, April and May!

Nicole & Josh first came to NAMI St. Louis as participants in our programs. Nicole & Josh shared, "We both come from families with -

Tracy Terrace is a NAMI St. Louis Board Member that has a passion for mental health. She has been a great addition to, not only our Board of -

Laura Crandall is physician and NAMI St. Louis Board Member with a drive and passion for breaking down -
a history of trauma and mental health struggles, and were taking a relative to her first class, Family-to-Family. The teachers were so passionate and caring, having had their own personal struggles we could relate to. After that course, we ran into our own challenges finding support for children’s mental health in our area. After feeling quite defeated, someone said to us, “Well if you can’t find the support you need, you should make it.” So we took a family road trip to Jefferson City in 2018 for support group facilitator training and have been volunteering ever since. We have since been trained for the NAMI Basics & NAMI Family-to-Family courses, so we can help educate as well as support. Over the last three years, we’ve been so fortunate to help and learn from the very parents we are here to support. We look forward to many more years of volunteering and growing though our work."

Thank you, for all that you do for NAMI St. Louis. We appreciate your dedication to the St. Louis community!

Practicum Student Spotlight
Featuring: Reilly Pim

Reilly is a graduate student at the Brown School of Social Work at Washington University in St. Louis. She is currently pursuing a concentration in mental health with the hopes of becoming a clinical social worker. She is passionate about working with marginalized populations and adolescents. Reilly first learned about NAMI from friends while working on her undergraduate degree, and later, she began to participate in some of the many programs that NAMI has to offer. When she is not working, she can be found painting, reading, or spending time with her cat, Toby.

Ways to Volunteer

Nothing is more important to our success than dedicated volunteers. Volunteers are needed to lead support groups and classes, both for individuals with a diagnosis and for those who are caregivers.

Volunteer opportunities for family members include:

- Crisis Intervention Team Panel Speaker
- Ending the Silence Presenters
- Family-to-Family Teachers
- Family Support Group Facilitators
- Family & Friends Presenters
- NAMI Basics Teachers

Volunteer opportunities for individuals with a mental health condition include:

- Crisis Intervention Team Panel Speaker
- Ending the Silence Young Adult Presenter
- In Our Own Voice Presenters
- NAMI Connection Support Group Facilitators
- Peer-to-Peer Facilitators

Other volunteer opportunities include:

- Ambassadors (represent NAMI St. Louis in the community)
- Board Members
- Committee Members
- Data Entry
- Events
- Grant Writing
- HelpLine Phone Associate
- Social Media

TO VOLUNTEER TODAY - contact Arielle Cole at acole@namistl.org or 314-962-4760.

Upcoming Program Volunteer Training Dates
All upcoming program trainings are being offered virtually on Zoom.

**NAMI In Our Own Voice Training**
Who are we looking for? Individuals with lived experience with a mental health condition (18+) who are interested in sharing their stories of living with a mental health condition. In Our Own Voice presentations are offered in person and online. Learn more about In Our Own Voice [here](#)!

**Dates:** July 9-10, 2021  
**Times:** 10:00 am – 2:00 pm (both days)  
**Application deadline:** Fri., June 25, 2021  
[Click here to apply!](#)

**NAMI Basics Teacher Training**
Who are we looking for? Parents/caregivers with a child under age 19 with a mental health condition who are interested in teaching an 6-week educational course to other parents/caregivers who also have a child with mental health conditions. Basics was previously offered in person, but due to COVID-19 we will be offering them for the time being online. Learn more about Basics [here](#)!

**Dates:** June 26-27, 2021  
**Times:** Day 1- 9:00am – 6:00pm; Day 2- 9:00am – 4:00pm  
**Application Deadline:** Fri., June 11, 2021  
[Click here to apply!](#)

**NAMI Family-to-Family Teacher Training**
Who are we looking for? Individuals with a family member or loved one who has a mental health condition (18+) who are interested in teaching an 8-week educational course to other family members who also have loved ones with mental health conditions. Family-to-Family was previously offered in person, but due to COVID-19 we will be offering them for the time being online. Learn more about Family-to-Family [here](#)!

**Dates:** July 24-25, 2021  
**Times:** Day 1: 9:00am – 4:00pm; Day 2: 9:00am – 2:00pm  
**Application Deadline:** Thurs., July 8, 2021  
[Click here to apply!](#)

**NAMI Family Support Group Facilitator Training**
Who are we looking for? Individuals with a family member or loved one who has a mental health condition (18+) who are interested in facilitating weekly, bi-weekly or monthly peer led support groups in the St. Louis region. Support groups are offered in person and online. Learn more about Family Support Groups [here](#)!

**Dates:** August 20-22, 2021  
**Times:** Day 1 – 5:30pm to 9:30 pm; Day 2 – 9:00 am – 3:30 pm;  
Day 3 – 9:00 am to 2:00 pm  
**Application Deadline:** Mon., August 2, 2021  
[Click here to apply!](#)

**NAMI Connection Support Group Facilitator Training**
Who are we looking for? Individuals living with a mental health condition (18+) who are
interested in facilitating weekly, bi-weekly or monthly peer led support groups in the St. Louis region. Support groups are offered in person and online. Learn more about Connection Support Groups [here](#)!

**Dates:** August 6 – August 8, 2021  
**Times:** 10:00am - 4:00pm  
**Application Deadline:** Mon., July 19, 2021  
[Click here to apply!](#)

**NAMI Ending the Silence Young Adult Presenter**

Who are we looking for? Individuals with lived experience with a mental health condition (18-35) who are interested in sharing their stories of living with a mental health condition and co-presenting with a Lead. Ending the Silence presentations are offered in person and online. Learn more about Ending the Silence [here](#)!

**Date:** June 22, 2021  
**Time:** 8:30am - 12:00pm  
[Click here to apply!](#)

**NAMI Ending the Silence Lead Presenter**

Who are we looking for? Individuals (18+) with lived experience with a mental health condition or with a family member who has a mental health condition who are interested in leading an informative Power Point presentation and co-presenting with a Young Adult. Ending the Silence presentations are offered in person and online. Learn more about Ending the Silence [here](#)!

**Training is on-going**  
[Click here to apply!](#)

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**Schnucks Reward Program**

We are excited to announce that we have been invited to participate in the Donate Your Schnucks Rewards program, enabling you to donate your Schnucks Rewards Points to benefit NAMI St. Louis!

**How do you Donate Your Schnucks Rewards to NAMI St. Louis?**

1. If you haven’t already, sign up for Schnucks Rewards on the Schnucks website (www.schnucks.com) or download the app on the App Store or Google Play.  
2. Select your home store as [LOCATION] - this is where our nonprofit is listed as an option.

3. **On the app:**  
   a. Tap on the “My Rewards” button on the Home Screen  
   b. Select “Donate Rewards”  
   c. Select Donation Preference and Local Charity

4. **On the website (once you are logged in):**  
   a. Select “My Profile” from the options under your login information  
   b. Select "Donate Rewards" in the blue banner to access “Reward Preferences”  
   c. Under “Donation Preferences” customers have the two options  
      i. If customers wants to "Always Donate" select a charity from that drop-down and tap “Update Preference”  
      OR  
      ii. If customers want to make “A One-Time Donation” select a charity from that drop-down menu and enter a “One-Time Donation Amount.” Once the donation amount is entered, customers would select "Make a Donation".
Help Us Share the News!

Tell your friends and family to sign up for Schnucks Rewards and choose NAMI St. Louis to donate their Reward Points! We’ll be sharing this on our NAMI St. Louis social media page(s), so be sure to like and share our posts!

a. Facebook: NAMI St. Louis | Facebook
b. Instagram: NAMI St. Louis (@namistl) • Instagram photos and videos
c. Twitter: NAMI St. Louis (@namistl) / Twitter
d. LinkedIn: NAMI St. Louis | LinkedIn

If you have any questions you can learn more by visiting the Schnucks website at schnucks.com/donate or contact NAMI St. Louis at 314-962-4670 or info@namistl.org.

Thanks for your support of our mission!

P.S. - You can learn more about Schnucks, including new product alerts, great recipe ideas, and fun meal solutions, by following Schnucks on social media, too!

- Facebook: facebook.com/schnucks
- Instagram: instagram.com/Schnuckmarkets
- Twitter: twitter.com/schnuckmarkets
- LinkedIn: linkedin.com/company/schnuck-markets-inc

Ways to Support

Follow NAMI St. Louis on social media (Facebook, Instagram, LinkedIn, Twitter & You Tube).
- You can find the most up-to-date information about what we are doing for the St. Louis region.
- Share our posts!

Update your NAMI St. Louis membership.
- Join NAMI | NAMI: National Alliance on Mental Illness

Consider a planned gift to NAMI St. Louis.
- Charitable IRA gifts
- Bequest
- Contribute to Endowment Fund

Donate online.
- Any amount is helpful.

Join an online support group.
- Give yourself some virtual space to process.

Come listen to our amazing presenters tell stories of their mental health journeys in our Speakers Series.
- Be inspired by their willingness to share.

Visit our website for more information about NAMI St. Louis!
Attend one of our online presentations or classes.
  • Come learn more about mental health and ways you can support those who are affected.

Call/text/email your loved ones and friends.
  • Even the ones that don't have mental health conditions. We all need one another right now.

Be kind to one another!
  • "Kindness is free, throw it around like confetti."

Follow us on social media: